

Health Information

Emergency Contact & Phone: _____

Allergies: yes no If yes, what kind? _____

Date of last tetanus: _____

Check any of the following medical conditions that are applicable: _____ Heart Condition
_____ Diabetes
_____ Orthopedic Problems
_____ Pregnancy

Please explain any conditions you checked not including pregnancy: _____

List any other medical conditions which might affect participation in a physical activity: _____

Signature: _____ Date: _____

Photo Release

I hereby expressly grant to the City of Greensboro and assign the right to photograph myself and use my picture, silhouette and other reproductions of my physical likeness, for the exclusive use by the City on the official City of Greensboro's web site or in City initiated printed publications. I acknowledge that I will receive no compensation for such use by the City

I understand that this Release shall not expire. I represent that I am over the age of eighteen (18) years and possess full contractual rights to enter into this Release.

I hereby certify and represent that I have read the foregoing and fully understand the meaning and effect thereof and intending to be legally bound here set in my hand this the _____ day of _____, 20____.

Signature: _____

Required Packing List

Camping Gear

- ___ Tent, ground cloth/tarp, stakes*
- ___ Sleeping pad/mat
- ___ Sleeping bag or bed roll, pillow
- ___ Headlamp, flashlight and/or lantern
- ___ Water bottle (1-2)
- ___ Insulated mug
- ___ Mess kit (plate, bowl, utensils)
- ___ Small camp chair

Paddle Clothes/Gear

- ___ Non-cotton tops/bottoms (1-2)
- ___ Swimsuit
- ___ Wind shirt or jacket
- ___ Hat
- ___ Sunglasses w/ strap
- ___ Whistle
- ___ Water shoes or sandals w/ back strap
- ___ Extra dry bag (optional)

Camp Clothes

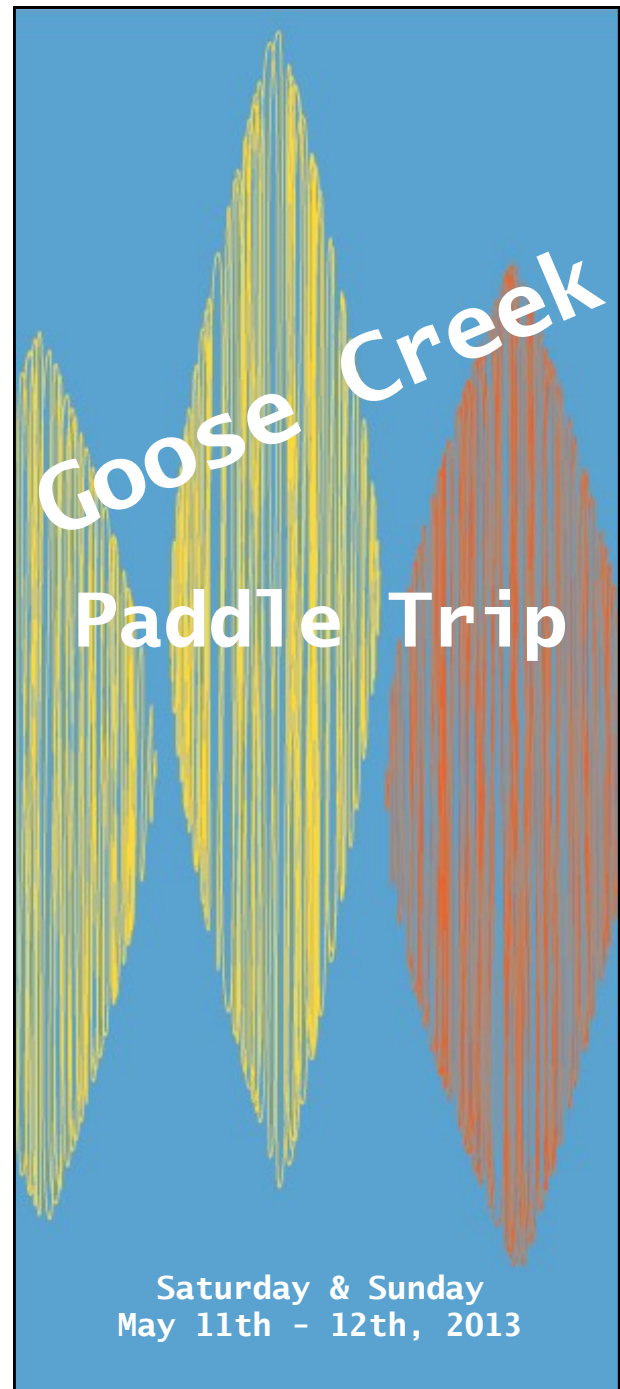
- ___ Tops/bottoms (1-2)
- ___ Sleep clothes
- ___ Sweatshirt or jacket
- ___ Socks and underwear
- ___ Rain Gear
- ___ Camp shoes

Personal Items

- ___ Money/ID/Credit Card
- ___ Sunscreen and chap stick
- ___ Bug repellent
- ___ Personal medications (bring extra)
- ___ Bandana
- ___ Toiletries (toothbrush/paste, brush, deodorant, hand wipes, feminine products, etc.)
- ___ Towel
- ___ Glasses and/or contacts and supplies

Miscellaneous (not required)

- ___ Camera/battery (waterproof case)
- ___ Watch
- ___ Pocket knife
- ___ Small personal 1st aid kit
- ___ Tissues
- ___ Binoculars and field guides
- ___ Books or magazines
- ___ Personal snacks



Greensboro Parks & Recreation

**Outdoor Adventure &
Environmental Education**

Goose Creek Paddle Trip Information

Trip Description and Details

Join us on an overnight paddling trip out to Goose Creek State Park on the Pamlico Sound near Washington, NC. After arriving at Goose Creek State Park, set up camp and head to Bath Creek for an afternoon of paddling.

Expect to see bald eagles, osprey, and other waterfowl paddling these well-protected waters. Returning from Bath Creek, enjoy dinner around the fire and an optional evening paddle at Goose Creek State Park.

After breakfast on day two, break camp and head to Blounts Creek. Blounts Creek offers numerous options for paddlers from wide channels to narrow upper-water creeks. Keep an eye out for tree swallows, herons, and turtles.

After paddling, return to Greensboro.

The trip includes 2 guides, transportation, all kayaking gear (boat, paddle, PFD, 1 dry bag), kayak instruction as needed, meals from lunch on Saturday thru lunch on Sunday, group camping/cooking gear, and overnight camping fees.

Date:

Saturday May 11th at 7:30 am thru
Sunday May 12th at 6:30 pm

Fee:

\$180 per person.
\$160 per person if you provide your own boat.

Location:

Trip will start and end at Lake Brandt Marina
(5945 Lake Brandt Rd. Greensboro, NC 27455)
Camping will be at Goose Creek State Park
(2190 Camp Leach Road, Washington, NC 27889)

Difficulty:

Moderate - participants should be fit enough to paddle for at least 2 hours on flat, calm water and not be afraid to fall in the water. Camping is primitive. Flush toilets and sinks are available at the camp ground, but there are no shower facilities.

Trip minimum of 6, maximum of 8 participants.

Tentative Itinerary

Saturday, May 11th

7:30am Meet at Lake Brandt. Check and pack personal gear in van/trailer.
8:00am Depart Lake Brandt for Goose Creek State Park (3.5 hour drive).
11:30am Arrive at Goose Creek State Park. Eat lunch and set up camp.
1:00pm Paddle Bath Creek
4:30pm Return to campsite and prepare dinner. Group members can explore the park at their leisure.
7:00pm Optional evening paddle on Goose Creek.
9:00pm Relax by the camp fire.

Sunday, May 12th

7:30am Wake up and have breakfast. Pack sack lunch and tear down camp.
10:00am Paddle Blounts Creek paddle
3:00pm Depart for Greensboro
6:30pm Arrive at Lake Brandt

Payment and Cancellation Policy

A \$50 non-refundable deposit is due with registration. This holds your spot for the trip and full payment is due by April 26th.

Trip leaders/City of Greensboro reserves the right to cancel the trip prior to departure for any reason. In the case that the trip is cancelled by the leaders/City of Greensboro, a full refund will be granted.

If you must cancel for any reason prior to April 26th, you will be refunded all your money minus the \$50 non-refundable deposit. However, if you cancel after April 26th no refunds will be made.

Contact us:

Melissa Hoose
Melissa.Hoose@greensboro-nc.gov

Lake Brandt
Outdoor Adventure & Environmental Education
5945 Lake Brandt Rd.
Greensboro, NC 27455
Phone: 336-373-3741

Goose Creek Paddle Trip - May 11-12, 2013 Registration Form

Name: _____

Address: _____

Email: _____

Home/Cell #: _____

Age: _____ Height: _____ Weight: _____

Would you like to be provided vegetarian meals? _____

Have you read the payment & cancellation Policy? _____

Do you understand the camping will be primitive? _____

Do you need to rent a tent (additional \$10)? _____

Will you be providing you own kayak? _____

Payment

_____ \$50 Non-refundable Deposit
(due w/ form to hold spot)

If paying in full for the trip:

_____ Registration Fee \$180

_____ Registration Fee \$160 (providing my own boat)

_____ Tent Rental Fee \$10 (limited # available)

Total Amount Enclosed: \$ _____

Total Amount Due on April 26th: \$ _____

Make checks payable to City of Greensboro.
For credit/debit card payment please call: 336-373-3741

Hand-deliver or mail registration form and payment to:

Melissa Hoose, Lake Activities Specialist
5945 Lake Brandt Rd.
Greensboro, NC 27455